

Reducing Exposure to Contaminants in Fish Fillets



Many waterbodies in Maryland and other states are contaminated with pollutants that bioaccumulate in fish

These pollutants can accumulate in fish to very high concentrations

Unrestricted consumption of these fish may induce adverse long-term health effects

Follow these recommendations to minimize your risk

Take home fish from areas of less contamination

Take home smaller, legal-size fish

Prepare and cook the fish to minimize the fat content

Remove and discard the "guts"

Remove and discard the belly flap

Remove and discard the skin, lateral lines, dark meat, and back fat

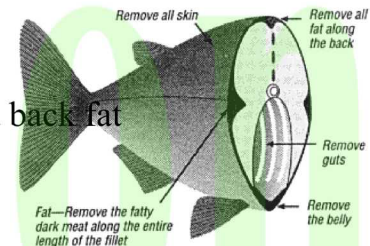
Bake, broil, or grill the fillet

Avoid using batter or breading on fillet

Don't consume drippings or oils from cooked fish

Space fish meals out over time

Follow fish consumption recommendations for the waterbody (410) 537-3000 or <http://www.mde.state.md.us>



- Fish are an excellent source of high-quality proteins and omega-3 fatty acids
- Fish have comparable levels of cholesterol to beef, pork, and chicken
- Fish are an excellent source of the calcium, iron, zinc, selenium, and vitamins niacin, B12, A, and D
- The amount of methylmercury in fish fillets can not be reduced by fillet preparation or cooking techniques
- 25-50% of fatty acids in fish are "heart healthy" polyunsaturated fatty acids
- Following fish consumption recommendations reduces contaminant exposure to "acceptable" levels (1 extra person in 100,000 will get chronic health effect over 70 year lifetime)
- Beef contains 4-10% polyunsaturated fatty acids

